

InsideOut

It's Your Health; Own It!



January 2016

In This Issue: Winter Safety, National Blood Donor Month, MOVE Challenge, Fit Tip, Mindful Moment

Work Conditioning to Improve Worker Safety

It's a new year and a new opportunity to improve and achieve better health. If you're looking for help setting up a fitness program, addressing a musculoskeletal issue, improving your functional capacity, or would like to work on nutrition for weight loss or chronic disease management, HPMC OMS Occupational Health and Wellness is here to help.

Our services aim to protect the health and safety of the Hanford worker. Our Work Conditioning program is designed to evaluate, improve and protect worker fitness and health. Musculoskeletal disorders (MSD's) such as tendonitis, strains and joint pain can be prevented and managed with proper education and tools. Early assessment and intervention is important to prevent injury and illness, minimize lost work time, and ensure a safe return to work. We provide clinical services at our rehabilitation facility at the 1979 Snyder Health Care Center.

Work Conditioning may be medical provider or self-referred. An Exercise Physiologist will evaluate the specific condition and develop a customized rehabilitation plan to maximize the employee's recovery and improve



productivity at work. Structured, functionally based programs focus on supervised rehabilitation and transition to self-care.

These programs improve the safety and efficiency of the worker, assist workers in maintaining or regaining physical capabilities needed to perform their duties, and reduce the likelihood of re-injury. We can help manage most musculoskeletal conditions, including low back pain, shoulder, knee, ankle, and arm injuries, and general deconditioning

For more information about HPMC Occupational Health and Wellness Services click on our [services flyer](#). To schedule an appointment call 376-3939 or email omchew@rl.gov.

Featured Presentations

Invite us to your next meeting! To schedule a presentation, call us at 376-3939 or email omchew@rl.gov.

Goal Setting for Success

Learn about the SMART principle and how to set attainable health goals.

Heart Health

Common risk factors for heart disease and how to maintain a healthy heart.

Fit Mind, Fit Body

Mental health benefits of exercise, including emotional well-being, stress and anxiety reduction, and the physiology of stress hormones and weight gain.

Creative Exercise

Basics of a fun, effective fitness program outside of a gym.

Healthy Holiday Tips

Make smart choices over the holidays.

Eating for Immunity

Adapted from Today's Dietician Magazine

While nothing can completely stop a cold in its tracks, a healthy immune system can help ward off the germs that cause colds and the flu. A healthy immune system can even minimize a cold's duration. One way to boost the immune system is to maintain a vitamin C regimen. Studies have shown that 1,000 milligrams of vitamin C supplements may make colds milder and even shorten them by half a day.

This time of year it is important to increase your intake of fruits and vegetables rich in powerful nutrients. Foods rich in the antioxidants vitamin C and beta-carotene, such as citrus fruit, cabbage, broccoli, pumpkin, sweet potato, and spinach, have immune-boosting power. To fight off infections, increase your intake of zinc, which is found in fish, oysters, poultry, eggs, milk, unprocessed grains, and cereals.

Diets should also include a healthy level of good bacteria. Adequate amounts of probiotics or friendly flora is valuable in restoring the levels to protect us from other infections especially during the winter months and especially after antibiotic use. Examples include yogurt, kefir, pickles, tempeh, kimchi and sauerkraut which provide live cultures. Probiotics are also available as a dietary supplement. It may also be beneficial to incorporate a daily multivitamin and learn to eat from all food groups to maintain a healthy diet and boost immune function. Very high-fat diets, under eating, and overeating can affect our immune function and impact rates of infection and illness.

Remember, your best defense in warding off winter bugs is a healthy immune system. Following a healthy balanced diet gives your body the best chance of staying healthy all winter long.

To review your diet or get help with healthy eating tips, call Health and Wellness at 376-3939 or email omchew@rl.gov.

Upcoming Health Promotion Events

January 4	MOVE Challenge begins
January 13	WorkFit Leader Training
January 18	King Day of Service www.mlkday.gov
February 10	WorkFit Leader Training
February 27	Richland Run Fest

Prescription Drug Collection Bins

You can now safely dispose of unwanted or expired medications during regular business hours at the Pasco and West Richland Police Departments. There are some restrictions on what can be dropped off, but most medications, vitamins, and pet medications are accepted. Thermometers, needles, inhalers, aerosol cans, liquids and medication from businesses or clinics are not allowed.

Got Blood?

It's National Blood Donor Month and the need for blood is great. Donating blood is easy and can make a big difference in the lives of others. For more information on giving blood visit [American Association of Blood Banks](#) or [American Red Cross](#). Give the gift of blood today!

MOVE Challenge Begins!

It's time to get moving! The MOVE challenge will be open from January 4—29, 2016. Enter your points on the [WellSuite Health Activity Tracker](#) or print out a hardcopy form. Hard-copy forms can be mailed to Occupational Health & Wellness upon completion of the challenge at MSIN:G3-70. Eligible participants will be entered into a prize drawing for a [FitBit Flex](#).

Mindful Moments

With Dr. Kusch, Ph.D.

Sticking with exercise can be tough. Mindful exercise can help us stay on track and feel great.

On down days, it's easy to put off exercise by promising to do more tomorrow. Before you know it, you haven't exercised for a week. Mindful movement is a shift away from exercise being a punishment or something you *have* to do. Begin by asking yourself, "What is the amount of exercise I can do joyfully and consistently?"

All-Season Tires vs. Snow Tires

Captain Rudy Almeida

*National Training Center EVOC Driving Instructor-Trainer
Hanford Patrol Training Academy*

I have been getting calls from family and friends asking me "Should I buy winter tires if I have all-season tires on my car?" The short answer is, it depends. I attended the Bridgestone Winter Driving School a few years ago and got some great information and research that Bridgestone did on snow tires vs. all-season tires. Every driver's needs are different, depending on the weather and road conditions they encounter throughout the year.

But remember, you still have to do your part: slow down, increase your distance between cars, and always buckle up.



All-Season Tires

Many vehicles are fitted with all-season tires when they leave the factory. Since they are built to provide a relatively quiet ride, good tread life and fuel economy, it's no wonder why they are so popular. All-season tires offer

versatile performance and are designed to perform in a variety of conditions including wet roads and light winter driving. All-season tires are designed to offer a combination of benefits from summer and winter tires.

Snow Tires

When it comes to driving in winter weather, having the right tire matters. From heavy snowfall to black ice, winter roads are extremely unpredictable. These conditions challenge tires to provide traction like no other season of the year. The combination of cold temperatures, ice, and snow can be best met by winter tires, which are specially designed to perform in winter conditions.

The solution to the snow tires vs. all-season tires question will depend on where you live and the conditions in which you drive.

If we only see a few snow flurries each year and slick, icy roads are more of a fluke than an annual ordeal, all-season tires are probably the way to go. But if you know there's a period when icy roads are always an issue, mounting winter tires isn't an over-the-top precaution – it's an essential safety measure that could save your life.

When mounting winter tires for the season, always install a full set. Just changing out the front tires increases the likelihood that the rear tires will skid. Likewise, just putting snow tires on the rear wheels could cause the front tires to lose traction and make it impossible to steer your vehicle.

And remember to re-mount those all-season tires when spring rolls around. While winter tires are undeniably superior in extreme winter conditions, they'll wear down faster on warm, dry pavement.

Fit Tip: Smart Afternoon Snacking Ideas

Feeling your energy levels tanking sometime after lunch? Follow these tips in packing the right snacks that can help power you through the rest of your day.

- Pistachios are perfect for on-the-go. At 100 calories per 30 nuts, the process of cracking the nuts slows down the pace of your eating.
- Try quick protein-rich snacks such as, hard boiled eggs, cottage cheese with flax, or yogurt to help fill you up until dinner.
- Think in combos—apples with peanut butter, whole grain crackers and reduced-fat string cheese, celery and cream cheese, or veggies and hummus.
- For low-sugar snacking enjoy edamame, almonds, soy crisps, turkey lettuce wraps, and low-sodium air popped popcorn.



We appreciate your readership! If you have questions, want to enroll in a program, or have a presentation request, call 376-3939, email omchew@rl.gov, or visit us at www.hanford.gov/health for more resources.